MADIGAN ARMY MEDICAL CENTER

MEDICAL BOARDS

GOALS for Today's Briefing

- Introduce MAMC Staff & Mission.
- Introduce you to Medical Evaluation Board (MEB) Process
- Introduce you to Physical Evaluation Board (PEB) Process
- Answer common MEB/PEB questions

A Few ACRONYMS

MEB = Medical Evaluation Board

PEB = Physical Evaluation Board

PEBLO = PEB Liaison Officer

MEBT = Medical Evaluation Board Technicians

NARSUM = Narrative Summary

The MAMC MEB Staff

Medical Technicians & Clerks: Make your appointments, track board through the process.

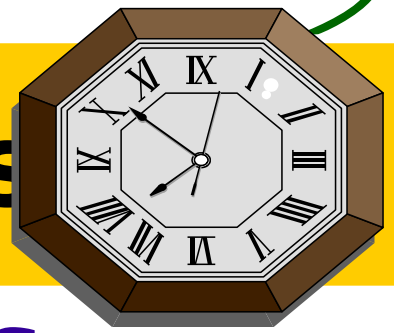
Mrs. Paige	A-E	968-1638
Mrs. Edwards	F-M	968-5058
Mr. Der	N-Z	968-3438
Mrs. Coleman	CBHCO, 654th	968-5057

The MAMC MEB Staff (con'd)
PEBLOs

Physical Evaluation Board Liaison Officers (PEBLOs): Review board packet, counsel soldiers on benefits and appeals.

Mrs. Burnham	A-B, Med hold	968-2026
Mrs. Miracle	C, CBHCO	968-1679
Mrs. Johnson	D, 654th ASG	968-3437
Ms. High	E-F	968-6019
Mrs. Gorden	I-L res\ng only	968-3686
Mrs. Levene	G-M	968-2564
Mrs. Robinson	N-Z	968-3649

Office Hours



0730-1600HRS

Walk- In Hours -1000 - 1600 HRS

Monday - Wednesday & Friday

CLOSED EVERY THURSDAY

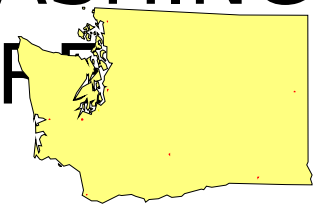
CLOSED on Federal Holidays

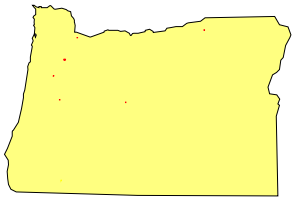
**** Inclement Weather****

Our Mission

WASHINGTON

OR

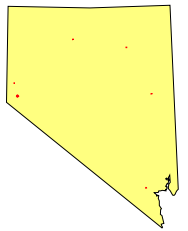




CALIFORNIA (certain areas)

AHO

NEVADA



Our Customers

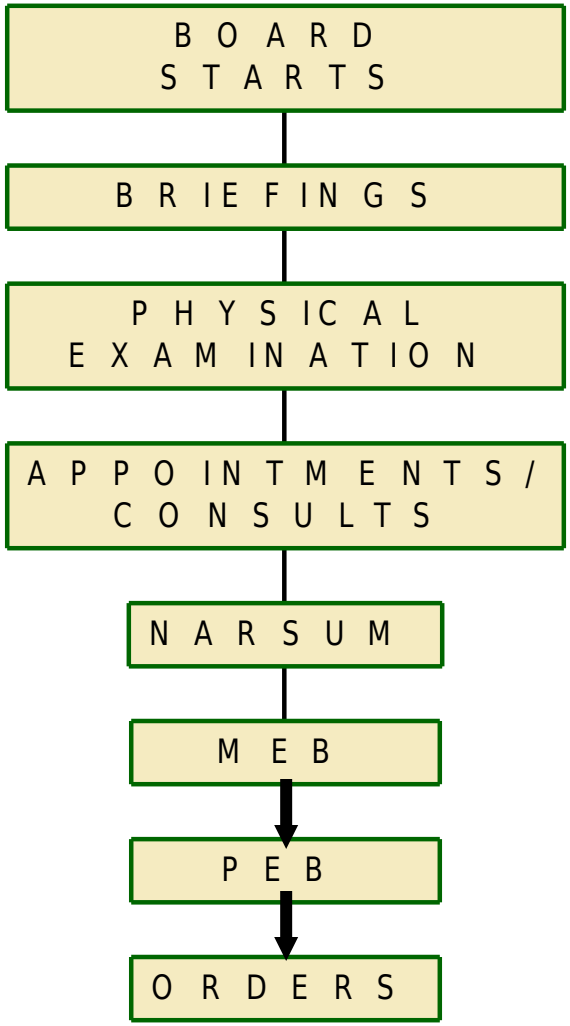
- ACTIVE DUTY
  (Army + limited support to other services)
- RESERVE COMPONENTS
- MEMBERS ON TDRL
- PUBLIC HEALTH
- NATIONAL OCEANGRAPHIC ATMOSPHERIC ASSOCIATION (NOAA)

Our Address & Phone Number

MADIGAN ARMY MEDICAL CENTER
ATTN: MCHJ-PDP (PEBLO)
9040 REID STREET
TACOMA, WA 98431

FAX: (253) 968-1678/1888
DSN 782-1678/1888

MEDICAL BOARD PROCESS



How did I become a Medica Board?

3 Ways to become an MEB:

1. REFERRED BY A FITNESS FOR DUTY EVALUATION
2. REFERRED BY MMRB
3. REFERRED BY A DOCTOR

A Medical Board is NOT…

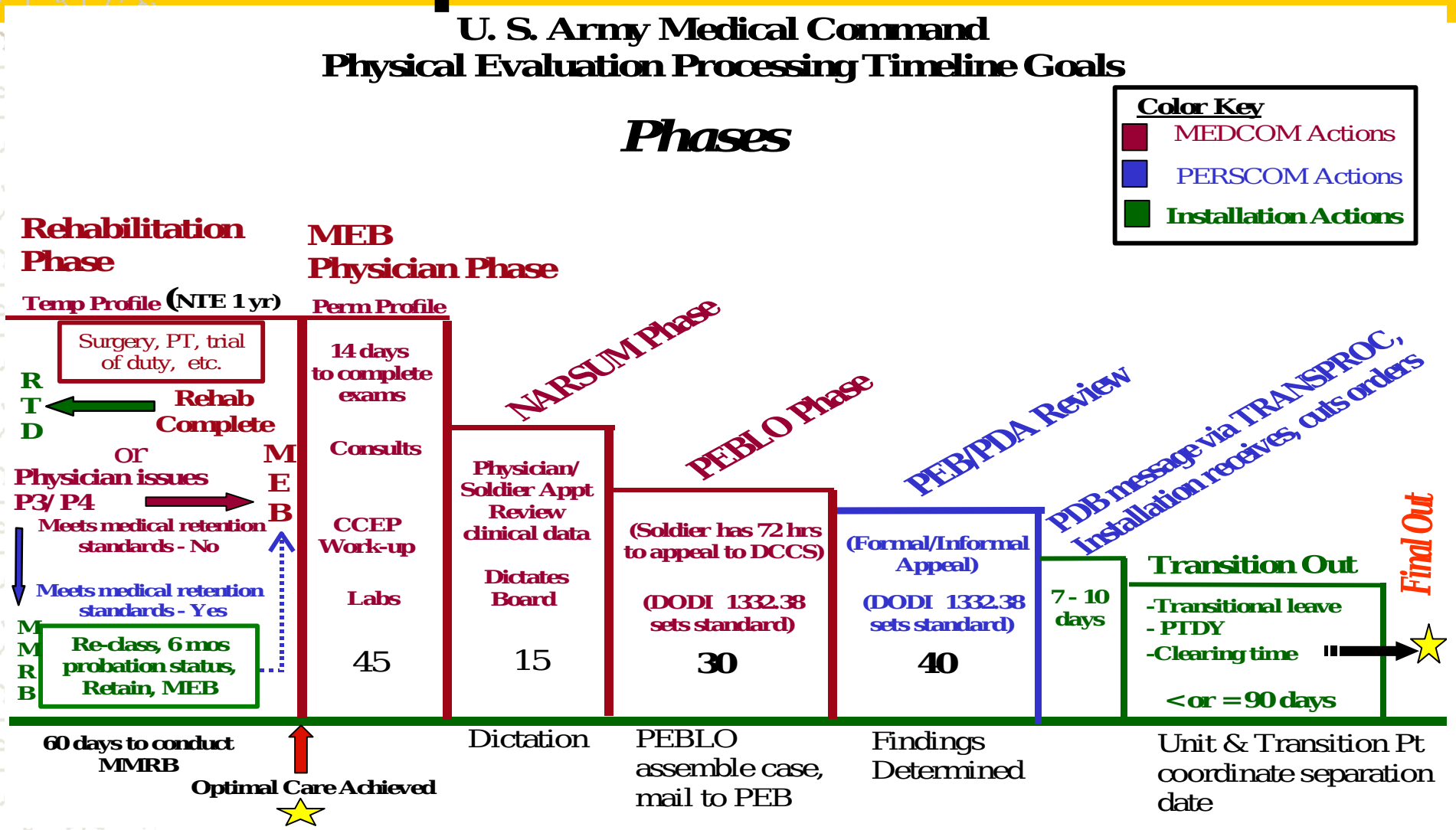
- An MOS reclassification Board - any MOS reclassification would have occurred at the MMRB.
- You WILL NOT sit in front of a panel of board members. The MEB is simply a DR's evaluation and recommendation.

How long does it take to complete a Medical Board?

From the time you are notified, by the MAMC MEB staff, that you will undergo a Medical Board, our goal is to send the case to the PEB within 90 days .

THIS IS ONLY AN ESTIMATE

How long does it take to complete a Medical Board?



What is a Medical Board?

It is a “word picture” of your medical condition, military history and lifestyle.

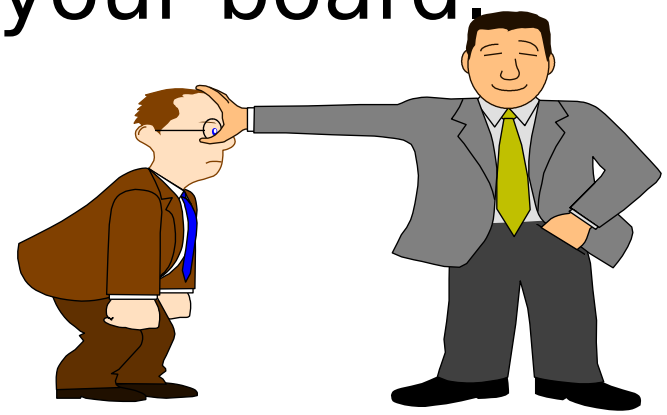
History & Physical (DD 2807 & DD 2808)

When you complete your forms (DD 2807 & DD 2808), address ANY and ALL medical conditions which you have.

Narrative Summary (NARSUM)

It is in your best interest, to tell your Board Doctor about any & all medical problems you have. If necessary, they will be reviewed and addressed in your board.

Your doctors CANNOT read your mind. If you do not tell them all your problems, they cannot help you.



Can I write on my behalf?

If you feel you have information which would help the MEB/PEB, you can write a statement on your own behalf, which will be included in your PEB packet.

Consults

If your PA or Board Doctor wants you to be evaluated by another specialty clinic, they will request a consult with that clinic. Please notify your Medical Technician ASAP when this happens.

DO NOT CALL TRICARE FOR AN APPOINTMENT – SEE YOUR MEBT!

What if I was in Desert Storm?

If you've completed a Comprehensive Clinical Evaluation Program (CCEP) questionnaire, a copy of it will need to be included in your PEB packet.

What is in the MEB Packet?

- Coversheet (DA FM 3947)
- Narrative Summary (NARSUM): written by your doctor. Provides a "word picture" of your condition, history and status. Provides a recommendation.
- Consults from clinics you visited.
- Current History & Physical (DD 2807 & 2808).
- Copy of your profile.

Personnel Data**

- ERB/ORB/PQR
- Disciplinary Action Statement completed by the custodian of your 201 file (PSB)
- Commander's Evaluation Letter
- NCOERs/OERs (E-5 And above) (Last 3)
- APFT SCORECARD (Last 3 years)
- 4187 (Name changes, loss of rank, promotions, etc)
- LES (Current End of Month)

**RC soldiers may have additional requirements.

Completed PEB Packet

- MEB PACKET
- PERSONNEL DATA
- HEALTH RECORD

What are the possible MEB recommendations?

- The Board Doctor can recommend:
  - Return to Unit without limitations
  - Return to Unit with limitations
  - Refer to Physical Evaluation Board (PEB)
  - Other

Who reviews my MEB?

1st: Two Doctors, your board doctor and one other doctor

YOUR PEBLO

2nd: The Madigan Deputy Chief of Clinical Services (or his representative)

YOUR PEBLO

3rd: You

Can I appeal the MEB?

If you disagree with any portion of your Medical Board, you can opt to appeal it.

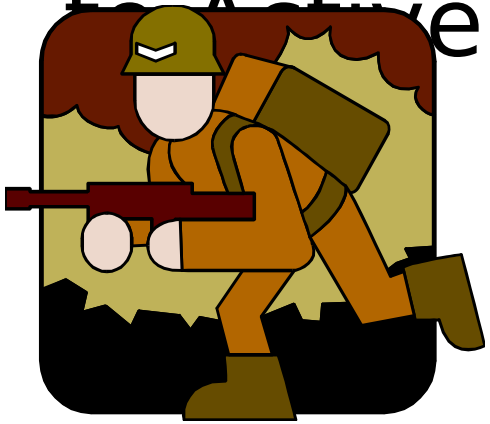
HOW?

You have 3 working days to write an appeal stating why you disagree with the MEB recommendations.

The written appeal is then resubmitted to the Deputy Chief of Clinical Services for his further consideration. Your appeal becomes part of the Board packet

Line of Duty (LOD)

An LOD is **REQUIRED** for any condition that is the direct result of an accident or injury which occurred while entitled to Active Duty Pay.



PTSD (Post Traumatic Stress Disorder)

- "A verified, credible traumatic event (stressor) in which the soldier experienced, witnessed or was confronted with actual or threatened death or serious injury or threatens the physical integrity of the Soldier or of others."

- **NOTE: Combat does not automatically justify a diagnosis of PTSD**

****Excerpt from PEB Policy Memorandum #5 dtd 3 February 2005**

PTSD
Types of Verification

- Input from your in-theater commander
- Completed LOD w/sworn statements

What about flags or UCMJ?

Court martial procedures can stop your medical board.

Chapter 14 is done in conjunction with the medical board. Which action has precedence will be determined once the MEB is completed.

All other Chapters are put on hold until the Medical Board is completed.

Immediately report any flags or adverse actions to your PEBLO

What if I am about to ETS?

Soldiers can be retained medically for the purpose of completing the medical evaluation board.

NOTIFY YOUR PEBLO 30 Days PRIOR!

ENLISTED - 6 month Interval

OFFICER - 3 month Interval

What if I am about to PCS?

Soldiers who come down on PCS orders or are currently on orders cannot PCS until the Medical Board is complete.

NOTIFY YOUR MEDICAL TECHNICIAN IMMEDIATELY

Your medical technician will obtain the paperwork necessary to delete or defer your PCS orders until the board is complete

What if I put in for retirement?

DON'T

Soldiers who have submitted for retirement and have received orders will have their orders revoked until completion of the Medical Board.

Is there any way I can stay in?

YES, you can request Continuation on Active Duty (COAD) with a medical waiver.

CRITERIA FOR CONSIDERATION:

15 YEARS BUT LESS THAN 20

SHORTAGE MOS

INJURY COMBAT RELATED

HRC MAKES THE DECISION

NOT THE PEB

What does the Physical Evaluation Board Do?

The PEB reads all documentation and determines your fitness status:

“FIT FOR DUTY”

or

“UNFIT FOR DUTY”

There are 2 types of Fit For Duty

NORMAL FIT FOR DUTY

You are found fit because you can do the majority of your duties in your current MOS.

PRESUMPTIVE FIT FOR DUTY

You have submitted for retirement or are at your Retention Control Point (RCP).

Can I appeal a FIT for DUTY?

If you are found
“ FIT FOR DUTY”
you can only appeal in **WRITING**.

The PEB President will read your appeal and decide if you will appear in front of a formal appeal board.

“FIT for DUTY”

Once you have been found FIT for DUTY, you will receive a FIT letter from the Physical Disability Agency, you will be released from all restrictions imposed during the medical board process (i.e. You are now deployable).

YOUR MEB PERMANANT PROFILE WILL BECOME A PART OF YOUR MEDICAL RECORDS.

“UNFIT for DUTY”

When the PEB determines UNFIT for DUTY, they also determine the % of unfitness.

----% Existed Prior to Service (EPTS)

0% - 20% Severance Pay Calculation

Existed Prior to Service (EPTS)

Separation is given without Disability Benefits (monetary or medical)

[Exception “8 Year Rule”]

***LIMITED BENEFITS ARE GIVEN THROUGH INVOLUNTARY SEPARATION

***SEE TRANSITION POINT WALLER HALL

0 - 20 % -Severance Pay

2 MONTHS BASE PAY FOR EACH YEAR OF ACTIVE SERVICE (UP TO 12 YRS)

2 X #YRS X Base Pay

EXAMPLE: 6 YEARS 10 MONTHS ACTIVE SERVICE WOULD BE

2 X 7 X BASE PAY = $$$

0 - 20% Severance Benefits

In addition to Severance Pay, you and your family are entitled to the following:

Medical Care

0-6 yrs service = 180 days

over 6 yrs of service = 180 days

Medical Retirement - 2 types

Temporary Disability Retirement List (TDRL)

- Re-evaluated every 12 to 18 months

- Can be retained a maximum of 5 years

Permanent Disability Retirement List (PDRL)

- Permanent Retirement

Retirement Benefits

Eligible for all benefits awarded to 20 year length of service retirees:

MEDICAL THROUGH TRICARE

DENTAL THROUGH TRICARE

COMMISSARY AND PX

Can I appeal this recommendation?

If you disagree with an “UNFIT for DUTY” determination, you can appeal in two ways:

1. IN WRITING
2. REQUEST A FORMAL BOARD with LEGAL REPRESENTATION

YOU HAVE 10 DAYS TO MAKE YOUR DECISION

NOTE:

If you choose to appeal in writing, and the appeal is rejected, you may lose your right to request a formal board.

What happens to my leave?

If you are separated or retired, you will have to sell back your leave.

Any leave over 60 days (or if you have previously sold back leave) will be given to you as transition leave.

Your Commander CAN authorize you to take up to 20 days of permissive TDY.

What about Additional Benefits?

If you are separated or medically retired,Your PEBLO will:

- Refer you to the VA to start your claim.
- Refer you to the TRICARE Service Center
- Discuss other services available on an individual basis.

Army Career and Alumni Program

ACAP is located in bldg 2013 A-wing Rm 103

Phone number: 253-967-3258

Hours of Operation 0800-1700

What about confidentiality?

- Your medical board is personal and private.
- Limited information can be provided to your unit:
  - IF YOU ARE A MEDICAL BOARD
  - WHAT IS THE BOARD'S CURRENT STATUS
  - IF YOU WERE FOUND FIT OR UNFIT

Family members do not have automatic access to your medical records/board status.

KEEP EVERYONE CONCERNED INFORMED.

How can I make this as painless as

IGNORE RUMORS

All cases are unique. Until the PEB makes a determination, NO ONE KNOWS WHAT THE OUTCOME WILL BE

BE AVAILABLE

Always provide accurate phone numbers

If you change units or assignments, let your PEBLO know.

Never leave town without telling your PEBLO.

BE AT YOUR APPOINTMENTS

Don’t miss any of your appointments.

Be on time with your ID card

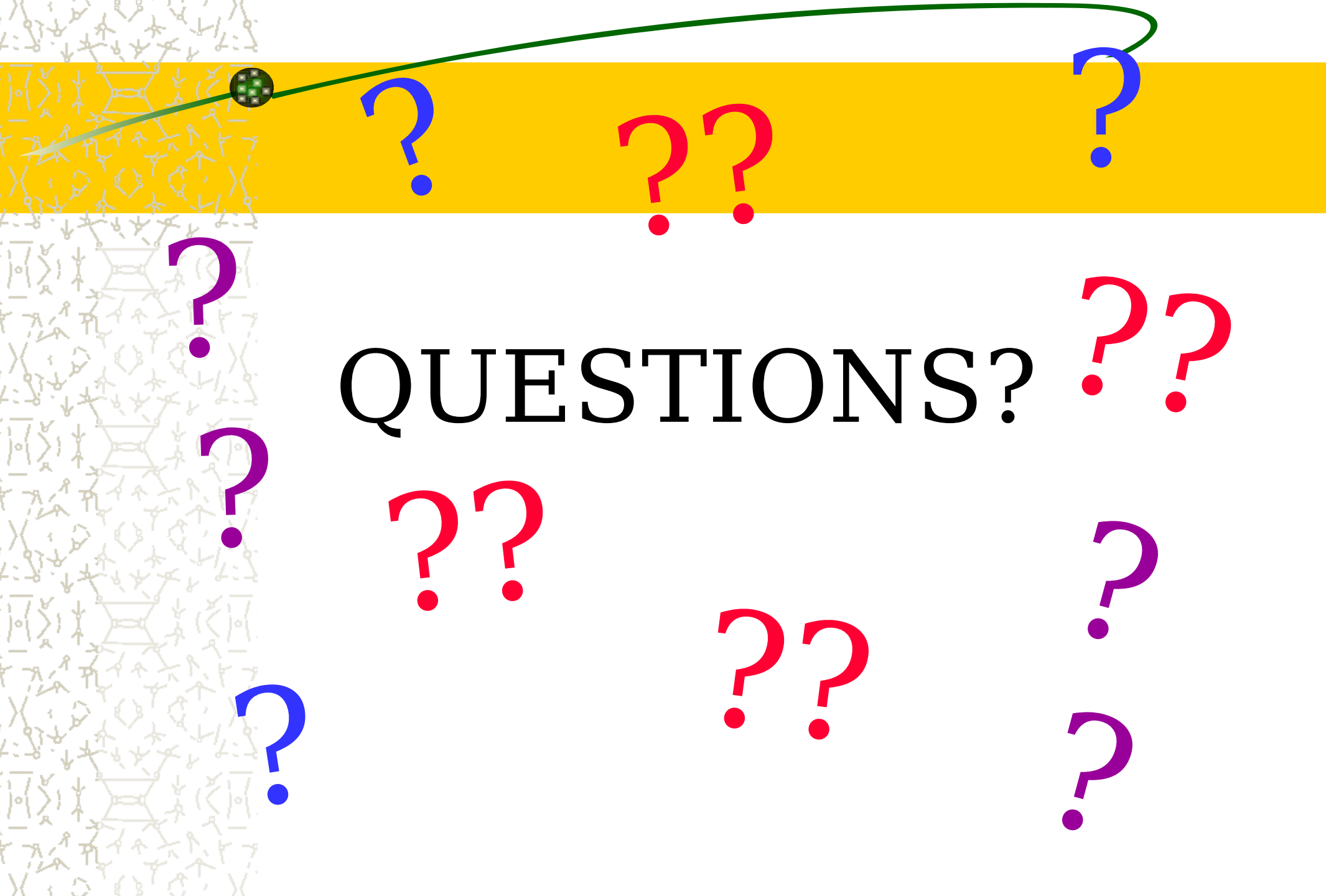
Be in the appropriate Uniform

Be prepared to wait

BE INFORMED

Ask questions. Ask how long each step should take and follow-up. This is **YOUR** career and **YOUR** board. Take the time to review all documents for accuracy. Provide accurate and timely information.

YOU ARE THE KEY TO YOUR BOARD.


QUESTIONS?

I _____, ATTENDED THE MADIGAN ARMY
(PRINT NAME)

MEDICAL CENTER MEDICAL BOARDS SLIDE PRESENTATION.

_____ _____

NAME DATE

FORMS

- MEMORANDUM TO Department of Psychiatry
- SUBJECT: PTSD Requirements
- 1. I have been counseled regarding the Physical Evaluation Board requirements for the diagnosis of Post Traumatic Stress Disorder (PTSD).
- 2. I understand that, in order to receive an official diagnosis of PTSD adjudicated by the PEB, I must present independent written verification of the events linked to the traumatic stress.
- 3. I understand that this verification must come from either my in-theater commander or from witnesses to the events. The information provided must be directly related to the event(s) I have described.
- 4. I understand this information has to be provided to the Psychiatry Doctor I will see for my Medical Evaluation Board appointment.
- 5. I understand providing or failing to provide this information will not impact the care I am currently receiving .

Soldier’s Signature _____ Date

FORMS

PLEASE PRINT INFORMATION

NAME:_____
(LAST) (FIRST) (MIDDLE)

RANK:_____ SSN:_____-_____-_____. BRANCH_____

LENGHT OF SERVICE:_____ ACTIVE:___RESERVE_____NG_____ AGR_____

ETS DATE:_____ MOS:_____
(BOTH NUMBER AND NAME)

HAVE YOU APPLIED FOR RETIREMENT/EARLY RELEASE? _____YES _____NO
IF YES WHAT TYPE_____

UNIT ADDRESS_____ UNIT PHONE_____
(IN FULL)
_____ DUTY PHONE _____

HOME ADDRESS_____ HOME PHONE_____

_____ MSG PHONE _____

PHYSICIAN_____ CLINIC_____

MEDICAL PROBLEM(S) *PLEASE LIST YOUR MAIN PROBLEM FIRST!!*

_____

_____

_____

FORMS

LINE OF DUTY INFORMATION

NAME :_____ RANK:_____ SSN:_____-___-_____.

1. WHAT KIND OF INJURY DID YOU HAVE? (LEFT LEG, RIGHT ARM, ETC.)

_____
_____
_____
_____

DATE INJURY OCCURRED (IF UNKNOWN APPROXIMATE)

WHAT UNIT WERE YOU ASSIGNED TO AT TIME OF INJURY? (GIVE COMPLETE ADDRESS TO INCLUDE STATE/COUNTRY)

_____
_____

WHERE WERE YOU WHEN THIS HAPPENED? (IN THE FIELD? AT HOME?)

_____
_____
_____
_____

WHAT WERE YOU DOING AT THE TIME OF THE INJURY? (WERE YOU DOING PT? ON LEAVE? FIELD DUTY? SIMULATED COMBAT TRAINING? ETC) (GIVE DETAILED EXPLAINATION)

_____
_____
_____
_____
_____

IS THE INFORMATION PERTAINING TO THE INJURY IN YOUR CURRENT HEALTH RECORD?
_____YES _____NO _____UNKNOWN _____OTHER (IF NO OR OTHER PLEASE EXPLAIN)

_____
_____
_____

DO YOU HAVE INPATIENT MEDICAL RECORDS WITH THIS INFORMATION? _____YES _____NO
WHERE?_____

DEPARTMENT OF THE ARMY
MADIGAN ARMY MEDICAL CENTER
TACOMA, WASHINGTON 98431-1100

S: 9 May 2000

MCHJ-PDP (40-3R) **May 8, 2000**

MEMORANDUM FOR COMMANDER, B CO 29th Sig BN, Ft Lewis, WA 98433

SUBJECT: Request for Medical and/or Administrative Records

1. This is to inform you that _____, a member of your command, will be evaluated by a medical board U/P AR 40-3 and AR 40-501.

2. Request the documents checked below be handcarried, without delay, to the PEBLO, Patient Administration Division, MAMC, for evaluation by the medical board. Prompt action is required in order that final action may be expedited. Evaluation by the medical board cannot be accomplished until these items are available. (See para 4-15, AR 635-40.)

☐ **a. Four legible copies of DD Forms 4-1 through 4-3 - Record of Enlistment.**

☒ **b. Four legible copies of DA Forms 2-A and 2-1 OR ERB. (If officer, Furnish ORB)**

☐ **c. Copy of Appointment Letter and Active Duty Orders (Officers).**

☒ **d. Statement by the custodian of members records that an unfavorable action as defined by AR 600-8-2 is not pending. (Statement enclosed)**

☒ **e. A special letter of evaluation by service member's commander or rater (preferably, both) describing in detail the garrison and field duties required by service member's MOS, grade, and position and explaining the effects of service member's condition and profile limitations on the performance of these specific duties. (SEE ATTACHED SAMPLES.)**

Except for the medical evidence presented in the Medical Evaluation Board (MEB), this Commander's Letter is the single most important document to be considered by the Physical Evaluation Board (PEB). Remember that medical evidence alone may not be sufficient to support a finding of unfitness. The medical evidence must be correlated with duty performance limitations.

If you want the physician who is dictating this board to have your input to the Permanent Physical Profile and Functional Status portions of the MEB, please take the time to read the enclosed example letters and to write a proper letter. You owe it to your soldier and your command to do this right.

☒ **f. APFT Last 3 years**

☐ **g. Last three (3) NCOERs/OERs**

☒ **h. Latest LES**

☐ **i. Other:**

FOR THE COMMANDER

LYNNDA S. HENSON
Alternate Physical Evaluation Board
Liaison Officer